

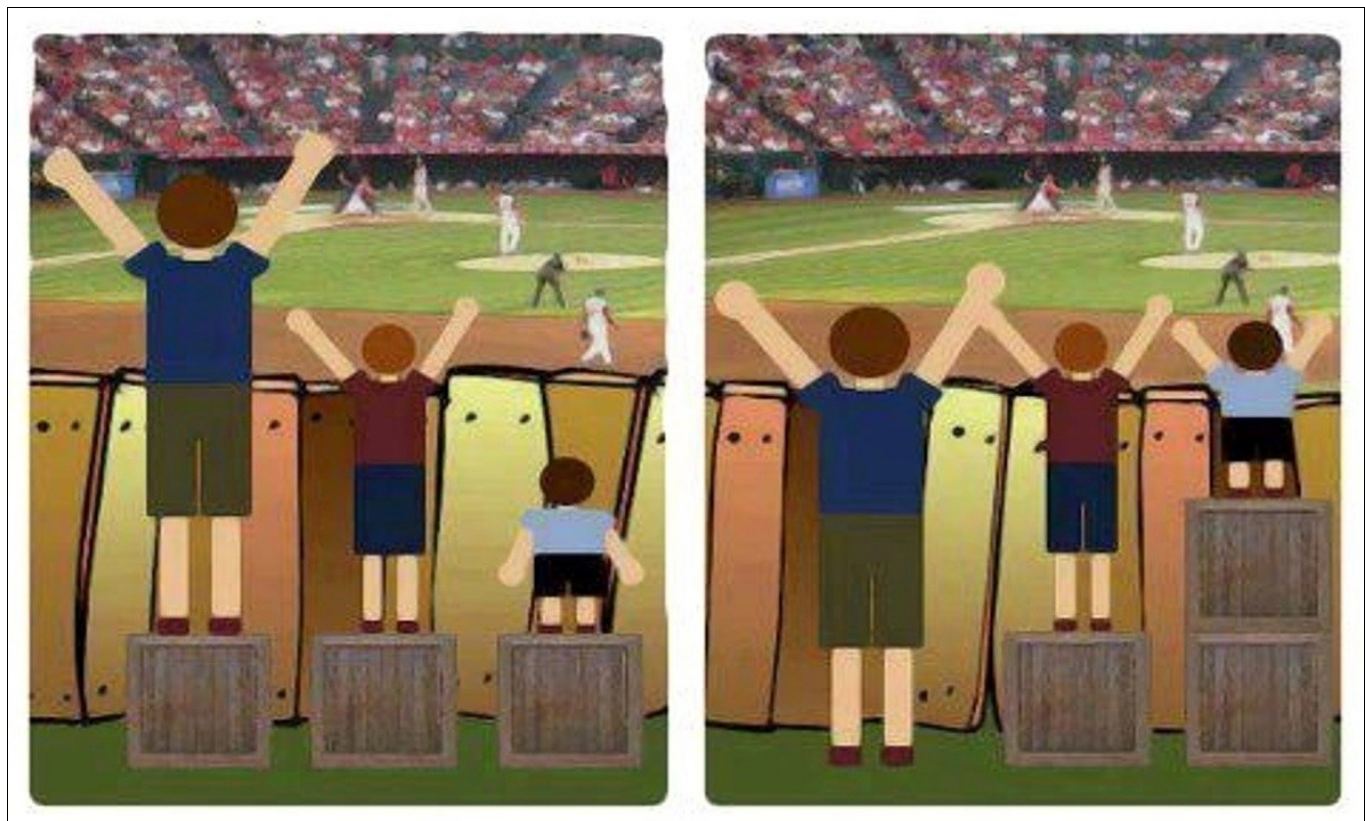


Breastfeeding E-News

Health Equity and Breastfeeding

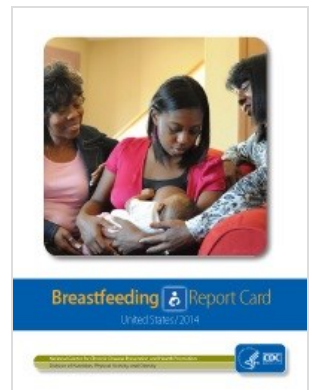
Healthy People 2020 defines health equity as “attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequality, historical and contemporary injustices and the elimination of health and health care disparities.” Breastfeeding initiation and duration rates are not equal for all. Initiation and duration rates for black women lag behind. New mothers face many barriers to achieving their breastfeeding goals such as returning to work and lack of family and societal support. These barriers are compounded by ethnicity or race.

What is the difference between health equality and health equity? The picture below explains the difference succinctly. Providing equal resources does not provide equality. Even with the same size box the shortest child still cannot see. Providing every child with the proper size box or more boxes to stand on lets every child view the baseball game. This is equity. Providing equal health resources or breastfeeding support does not allow every new mother to reach her breastfeeding goals. The barriers to breastfeeding and needs for resources should be evaluated for all mothers. Then support can be provided as needed—more here and less here to help all reach their breastfeeding goals equitably.



Kansas Breastfeeding Data

The 2014 [Breastfeeding Report Card](#) was released in August. This is data collected by phone calls to mothers of infants born in 2011. While this data is three years old it does allow Kansas to be compared to other states. Kansas shows a good initiation rate in this report ranking 32nd but does not rank as well with duration rates. Any breastfeeding at six months ranks Kansas 40th at 40.3 percent and for exclusive breastfeeding at six months Kansas ranks 49th with a rate of 11.4 percent. Kansas initiation rate in this report is 77.4 percent. Kansas birth certificate data for 2011 showed an initiation rate of 79.5 percent—just a small difference. Kansas has many breastfeeding promotion and support programs that are improving breastfeeding rates. To learn more check out the [Kansas Breastfeeding Coalition, Inc.](#) (KBC.)



KS Breastfeeding Coalition Conference September 26

Be sure to attend the KS Breastfeeding Coalitions Conference offered by the KBC on September 26 in Wichita. Click [HERE](#) for more information and to register. There is no registration fee and all attendees will receive a free 2015 KBC membership. Those traveling over 100 miles and staying in a hotel will receive a \$50 travel allowance. Identify yourself as being with the “Breastfeeding Coalitions” conference when making reservations at the Wesley Inn, 3343 E. Central, Wichita across from Wesley Medical Center for rates of King - \$67.84 or double \$76.89.

In the News

- This youtube video has ideas to improve family outcomes in your community. “Building Adult Capabilities to Improve Child Outcomes: A Theory of Change.”
https://www.youtube.com/watch?v=urU-a_Fs5Y
- A new mother who returns to work full-time has difficulty meeting her breastfeeding goals. Read more about *Full-Time Job May Disrupt Breastfeeding Plans* at http://www.nlm.nih.gov/medlineplus/news/fullstory_147394.html Read more about how you can help at <http://ksbreastfeeding.org/cause/business-case-for-breastfeeding/> The U.S. Department of Health and Human Services Office on Women’s Health now has a new site for employers providing a wealth of how-to information for lactation support at <https://www.womenshealth.gov/breastfeeding/employer-solutions/index.php>
Photos submitted by the Kansas Breastfeeding Coalition, Inc. of employer solutions in Kansas are included on this website.
- The office on Women’s Health has released state fact sheets that provide a snapshot of demographic characteristics in each state including information about birth outcomes, prenatal care, and health condition and risk factors. View [here](#).

Thought for the Day

If a multinational company developed a product that was a nutritionally balanced and delicious food, a wonder drug that both prevented and treated disease, cost almost nothing to produce and could be delivered in quantities controlled by the consumers’ needs, the very announcement of their find would send their shares rocketing to the top of the stock market. The scientists who developed the product would win prizes and the wealth and influence of everyone involved would increase dramatically. Women have been producing such a miraculous substance, breastmilk, since the beginning of human existence.
Gabrielle Palmer (author [The Politics of Breastfeeding](#))

